

Abstract

Name: Efficiency of training time in soccer players in category U11

Objective: The aim of the thesis is to find and evaluate the time utilization of football players in the U11 category in the training unit (active vs loss time). Second goal is to compare the values of active and loss time in the training unit in terms of the performance level of the watched clubs (professional vs. amateur club).

Methods: Training units were filmed on our own camera. Then the filmed material was analyzed and evaluated.

Results: We found no significant differences in efficiency of a training time during training sessions between teams from a professional and amateur clubs in category U11 (40% vs. 42%). No significant difference was also found in efficiency of the training time between two teams from professional clubs (46% vs. 37%). Finally, we did not reveal any significant differences between teams from professional and amateur clubs in an inactive time during training sessions, which was expressed as differences between the time when exercise runs and break (24% vs. 29%).

Keywords: Football, active time, lost time, training, under eleven